

# SUNDAY DANCES

## 1ST SUNDAY OF THE MONTH

September 5  
Line Dance with Jeanette Feinberg  
1:00-4:00pm, \$7 per person  
Lessons, refreshments, and dancing

## 2ND SUNDAY OF THE MONTH

September 12  
Social Line Dance Mixer with Allen Isidro  
1:00-4:00pm, \$10 per person  
Lessons, refreshments, and dancing

## 3RD AND LAST SUNDAY OF THE MONTH

September 19 & 26  
Come and dance the afternoon away with the Bob Gutierrez Band. Refreshments served by your hosts Raoul Epling and Akira Tsunoda.  
1:00-3:30pm, \$5 per person



# SENIOR CENTER NEWSLETTER



**Masks are required for everyone entering the Senior Center. This policy will be strictly enforced for the safety of all. Please put your mask back on as soon as you are done eating. If you are drinking pull your mask up between sips. We greatly appreciate your cooperation.**

The majority of our classes and programs are back in action this month. Bingo will return starting Wednesday, September 1st. Some of the classes being added back this month include Pilates/Yoga Fusion with Juliet Martine on Monday afternoons; Sit & Workout with Kathy Schmidt on Tuesday mornings; Advanced Line Dancing with Jeanette Feinberg on Wednesday mornings; Fun & Fitness with Karen Ojakian on Thursday mornings and Distinguished American Biographies with Frank Damon on Friday afternoons. Allen Isidro will also now be hosting a 2nd Sunday Social Line Dance Mixer starting September 12th. Lastly, if you're curious to find out what "Cornhole" is, we will have a drop-in introduction on Thursday, September 16th. Should you have any questions, you can contact the Senior Center main line at 650-616-7150.

## September Lunchtime Entertainment

Mondays @ 10:45am: Bob Gutierrez Band  
Tuesdays @ 10:30am: D.J. Music with Joe  
Wednesdays @ 10:45am: Bob Gutierrez Band  
Thursdays @ 11:30am: Accordion Music with Vince Mantia  
Friday, Sept. 10 @ 11:15 am: Dave Crimmen on Guitar & Vocals  
Friday, September 17 @ 11:15 am: Bob Mateo Piano & Vocals

## FRIDAY MOVIE TIME: SEPTEMBER 24TH AT 9:30 AM: "THE GOOD LIAR" (109 MINUTES) STARRING HELEN MIRREN AND IAN MCKELLEN

Career con artist Roy Courtney can hardly believe his luck when he meets well-to-do widow Betty McLeish online. As Betty opens her life and home to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life.

## ON-LINE SPOUSE SUPPORT GROUP

Mission Hospice and Home Care is offering a free 8-week support group on Tuesdays at 11:00 am - 12:30 pm from September 28th - November 16th. To register for the group and receive the log-in codes, contact Christine Kovach at 650-532-2390 or ckovach@missionhospice.org.

There are also 3 weekly drop-in grief support groups by video (Tuesday 6-7:30 pm, Thursday 4-5:30 pm and Saturday 10-11:30 am). All are listed on the website: <http://www.missionhospice.org/connections/>

## SENIOR SPORTS

**Bocce Leagues** The new leagues begin on September 27 & 28. The deadline to sign up is September 13th. Schedules available at the reception desk on September 20th. Free for 2021 Members; \$5 per league for non-members.

**Ping Pong** Friday afternoons from 1:00 - 3:00 pm. Three tables available for drop-in play.

**Cornhole Introduction** Stop by and check out this popular Bean Bag Toss game. Thursday, September 16 from 1:30 - 3:30 pm on the back deck.

**Softball** Thursday morning drop-in play at 9:30 am - Noon at Lion's Field.

**Red Hawk Casino** Wednesday, October 6, 2021, \$40.00 per person. The bus departs from Library & Magnolia in Millbrae at 8 am. Sign up at the Reception Desk with cash or a check. We need 40 people signed up to run this trip.

**Hawaiian Cruise** March 27, 2022 15 Day Cruise. For more information contact Marilyn Levene 650-703-5522.

CLASSES & PROGRAMS

Monday	8:15am Hike 9:00am Mahjong 9:00am Ceramics Workshop 9:00am Bocce League in Progress 1:00pm Tap Class 1:00 Bingo (starts September 13) 1:00pm Computer Club 2:45 Pilates/Yoga Fusion (Adult School) 4:00 Yoga (Adult School)
Tuesday	9:30am Zumba Gold 10:00am Spanish 10:30am Sit & Workout (starts September 7) 11:30am Bocce League in Progress 12:30pm Beg. Line Dancing 1:00pm Ukulele 1:00pm Computer Club
Wednesday	8:15am Hike 9:00am Advanced Line Dance (starts September 1) 9:30am Stained Glass Workshop 9:30am Horseshoe League 1:00pm Bingo (starts September 1) 1:00pm Computer Club 1:00pm American Line Dance Level 1 1:30pm Current Events (Adult School) 2:00pm American Line Dance Level 2
Thursday	9:00am Fun & Fitness Exercise with Karen (starts September 2) 9:30am Softball at Lion's Field 10:00am Creative Writing 10:15am Yoga (Adult School) 12:30pm Pedro 12:30pm Music & Motion 1:00pm American Line Dancing 1:00pm Painting Workshop 1:00pm Computer Club
Friday	8:15am Hike 9:30am Knitting (Drop-in Social Group) 9:30am Crocheting (Instruction) 9:45am Zumba Gold 1:00pm Bingo (starts September 3) 1:00pm Ping Pong 1:00pm Bridge 1:30pm Distinguished American Biographies (starts September 3)

SEPTEMBER LUNCH MENU

Mon	Tue	Wed	Thu	Fri
		1 Chicken Mozzarella Spaghetti Pasta (D)	2 Beef Hot Dog 2-Bean Chili Potato Salad (D)	3 Cuban Shredded Beef, Rice and Black Beans Mexican Rice
6 <b>CLOSED LABOR DAY HOLIDAY</b>	7 Cheese Raviolis with Beef Meat Sauce (D)	8 Chicken Adobo Steamed Rice	9 Baked Eggs Biscuits & Gravy (D)	10 Roasted Chicken Mashed Potatoes (D)
13 Korean Ground Beef Rice Bowl	14 Meatloaf Mashed Potatoes (D)	15 Pulled Pork BBQ Sandwiches Macaroni Salad	16 Chicken Tamales Pinto Beans (pork) (D)	17 Panko Breaded Cod with Tartar Sauce and Rice Pilaf (D)
20 Moroccan Beef With Cous Cous	21 Tuna Sandwiches Lentil Soup (D)	22 Beef Chile Verde Black Beans	23 Pork Roast Mashed Potatoes (D)	24 Lidia's Beef Lasagna (D)
27 Chicken with Artichokes & Balsamic Cream Farfalle Pasta (D)	28 Turkey Chili Stuffed Baked Potatoes (D)	29 Teriyaki Salmon Steamed Brown Rice	30 Spaghetti & Meatballs (D)	

The suggested donation is \$3.00 per meal. The Program is funded in part by the Older Americans Act and is available for adults who are 60 years and older. Meals are first come, first serve. There will be a limited number of lunches and there will be no lunch alternatives such as the salad bar. We may sell out on certain days so early arrival is recommended. No advance reservations will be taken.

The menu is subject to change. (D) indicates dish has dairy.